

### Upcoming Activities:

**“Darkness to Light”  
Children’s Advocacy &  
Protection Center:**  
**W. Hickory, Feb. 2nd & 16th**

**Services for the Blind—  
Age related Macular  
Degeneration & Low  
Vision Awareness:**  
**W. Hickory, Feb. 9th;  
Newton, Feb. 29th**

**Benefits of Music  
Therapy with Christa  
Buff:**  
**W. Hickory, Feb. 15th;  
E. Hickory, Feb. 15th**

**Emergency Tips for  
Winter Safety with Jim  
Dickerson:**  
**Maiden, Feb. 8th**

**Eastern Sky Band:**  
**Catawba, Feb. 4th**

## Join us!



**Top left:** Ikie Woodruff and Merle Franklin with place-mats. **Above:** Margie Beard celebrating her 91st birthday. **Left:** Elizabeth Clemons with West Hickory snowman craft!

If we should have inclement weather,  
please do the following:

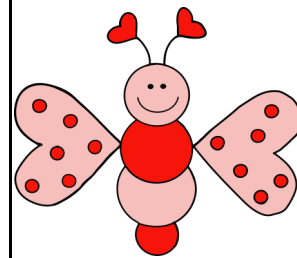
Listen to the following Catawba County  
radio stations:  
WAIZ-630 AM (formerly WIRC)  
WHKY-1290 AM, and WNNC-1230 AM.

Refer to Channel 3 WBTV (Cable Channel 2) and  
Channel 36 WCNC (Cable Channel 6) for announcements  
regarding Catawba County Seniors Morning Out and Home  
Delivered Meals Program closings.

The announcement will also be posted on the internet at  
[wcnc.com](http://wcnc.com) and [wbtv.com](http://wbtv.com) under Closings & Delays.

LET IT  
*Snow*

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, and there are no income limits. Donations are accepted. The only requirement is that you be 60 or better and live in Catawba County. Come prepared to have fun, meet new friends, and learn something new!  
For more information, call 828-695-5610, go to our website, [catawbacountync.gov/dss/nurition.asp](http://catawbacountync.gov/dss/nurition.asp), or like us on Facebook!



1  
CHOPPE D PORK  
BBQ SAUCE  
COLESLAW  
HOT GINGER PEARS  
BAKED BEANS  
BUN  
ICE CREAM  
MILK

2  
CHICKEN & DUMPLINGS  
MIXED GREENS  
RICE  
ROLL  
HAWAIIAN SALAD  
MILK

3  
MEATLOAF  
TOMATO SAUCE  
MIXED VEGETABLES  
AU GRATIN POTATOES  
ROLL  
STRAWBERRY CREAM  
SALAD  
MILK

4  
PINTO BEANS  
ONION  
OKRA & TOMATOES  
CUCUMBER SALAD  
CORNBREAD  
CHERRY CRISP  
MILK



8  
BAKED PORK CHOP  
GREEN PEAS  
MACARONI & CHEESE  
WHEAT ROLL  
AMBROSIA SALAD  
MILK

9  
PIMENTO CHEESE  
LETTUCE  
TOMATO  
VEGETABLE BOWTIE  
SOUP  
WHEAT BREAD  
STRAWBERRY  
SHORTCAKE  
MILK

10  
PEPPER STEAK  
BROWN GRAVY  
ORIENTAL VEGETABLES  
PINEAPPLE W/ YOGURT  
RICE  
ROLL  
VANILLA WAFERS  
MILK

11  
CHICKEN BREAST  
PESTO SAUCE  
SCANDANAVIAN SALAD  
BOWTIE PASTA  
ITALIAN BREAD  
MANDARIN ORANGES  
MILK



15  
LEMON PEPPER BAKED  
CHICKEN BREAST  
BROCCOLI CASSEROLE  
MANDARIN ORANGES IN  
JELLO  
ROSEMARY POTATOES  
ROLL  
ANGEL CAKE  
MILK

16  
PORK RIBLET  
BBQ SAUCE  
COLESLAW  
BAKED BEANS  
BUN  
PINEAPPLE GRATIN  
MILK

17  
CHICKEN THIGH  
GRAVY  
GREEN BEANS  
WHIPPED POTATOES  
ROLL  
STRAWBERRY  
SHORTCAKE  
MILK

18  
HAMBURGER STEAK  
BROWN GRAVY  
GREEN PEAS  
AU GRATIN POTATOES  
ROLL  
PISTACHIO CREAM  
SALAD  
MILK



22  
CHEESEBURGER  
LETTUCE  
TOMATO  
COWBOY BEANS  
BUN  
MUSTARD/KETCHUP  
APPLE CRISP  
MILK

23  
CHICKEN BREAST  
BBQ SAUCE  
MIXED GREENS  
HOT APPLESauce  
POTATO SALAD  
ROLL  
OATMEAL COOKIE  
MILK

24  
BEEF A RONI  
LIMA BEANS  
ITALIAN BREAD  
TROPICAL FRUIT SALAD  
MILK

25  
PULLED TURKEY  
POULTRY GRAVY  
SQUASH CASSEROLE  
RICE  
ROLL  
STRAWBERRY  
SHORTCAKE  
MILK



29  
CORNED BEEF  
STEAMED CABBAGE  
ROASTED RED  
POTATOES  
ROLL  
PEACH CRISP  
MILK



# West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746 West Hickory Senior Center  
February 2016 400 17th St SW  
Hickory, NC 28602



<p>1 9:15 Fire Drill 9:30 Laughing Yoga with Judy Stowe 9:45 Valentine Cards and Crafts!</p> 	<p>2 9:30 Darkness to Light with Kathleen Landry</p> 	<p>3 9:15 Morning Stretch with Betty Scott 9:30 National "The Day the Music Died" 9:45 Valentine Craft with Portia Harris</p>	<p>4 Walmart/Bible Study</p> 	<p>5</p> 
<p>8 9:15 Laughing Yoga with Judy Stowe 9:30 Cooking Class—Peanut Butter Blossom Kisses 10:00 Sing-a-long with Mabel Gabor</p>	<p>9 9:30 Valentine Family Feud 10:00 Age Related Macular Degeneration and Low Vision Month with Greg Morgan, MA—Services for the Blind</p>	<p>10 9:15 Morning Stretch with Betty Scott 9:30 Valentine Trivia &amp; Gifts of Unfailing Love 10:00 Sentimental Journey</p>	<p>11 9:15—10:45 Intergenerational Activity at New Hope Moravian Church—Children's Morning Out meets West Hickory Senior Morning Out! ***Commodities***</p>	<p>12</p> 
<p>15 East Hickory joining West Hickory! 9:15 Laughing Yoga with Judy Stowe 9:30 "And the Beat Goes On...The Benefits of Music Therapy" w/ Christa Buff, MT-BC</p>	<p>16 9:30 Darkness to Light with Kathleen Landry</p> 	<p>17 National Cabbage Day 9:15 Morning Stretch with Betty Scott 9:30 BINGO 10:00 African Dance w/ Betty Primus</p>	<p>18 Walmart</p> 	<p>19</p> 
<p>22 National Bird Feeding Month 9:15 Laughing Yoga with Judy Stowe 9:30 This Food Tastes Like...Ick" 10:00 Craft—Simple Bird Feeders</p>	<p>23 9:30 BINGO 10:00 Thyroid Awareness and BP Checks with Carolyn Thompson, RN CVMC</p>	<p>24 9:15 Morning Stretch with Betty Scott 9:30 Hangman 10:00 "Black History" with Mary Young, Friendship Baptist Church</p>	<p>25 9:30 "Would You Rather..." 10:00 Birthday Party—Music w/ Charles Ballard</p> 	<p>26</p> 
<p>29 Manna Monday 9:15 Laughing Yoga with Judy Stowe 9:30 Trivia 10:00 Jingo w/ Lena Abernethy, Ridgeview Library</p>	<p>♥ Happy Valentines Day ♥</p>		<p><b>Happy Birthday!</b> Shirley Gragg (2/8) Eleanor Byrd (2/14) Brenda Johnson (2/16) Ed Lyon (2/18) Doris Gore (2/19) Glenn Grumbling (2/21)</p>	<p>Judy Hamilton (2/24) James Powell (2/25)</p> 



# EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963    Huntington Hills Church of God  
February 2016    2123 5th Street NE  
Hickory, NC 28601



<p>1 9:40 Block Walk 10:00 BINGO</p>	<p>2 9:30 Sentimental Journey</p>	<p>3 9:30 Move to the Beat 9:45 Making Valentines and Facts!</p>	<p>4 Walmart for the day!</p>	<p>5</p>
<p>8 9:40 Move to the Beat 10:00 BINGO</p>	<p>9 Rose's for shopping and Snack Bar for Lunch!</p>	<p>10 9:30 Stretches 9:45 Heart Jeopardy with Peggy Messick, CVMC</p>	<p>11 Valentines Day party with Newton SMO!</p>	<p>12</p>
<p>15 And The Beat Goes On... Benefits of Music Therapy with Christa Buff, MT-BC at West Hickory SMO!</p>	<p>16 9:30 Move to the Beat 9:45 Ethel Cunningham Praise Music</p>	<p>17 Fire Drill 9:30 Stretches 9:50 F.B.I.—Proper Hand Washing and Serving</p>	<p>18 Walmart for the day!</p>	<p>19</p>
<p>22 9:40 Stretch Band Exercise 10:00 BINGO</p>	<p>23 9:45 Annie Williams: How Blood Pressure Effects the Heart and Blood Pressure Checks</p>	<p>24 9:30 Block Walk 9:45 Lip Sing Featuring Diana Ross, The Supremes, and Chubby Checkers</p>	<p>25 Birthday Party</p>	<p>26</p>
<p>29 9:30 Cooking Class with Site Supervisor—Gouda Topped Apple Slices 9:45 Stretches 10:00 BINGO</p>	<p>♥ Happy Valentines Day ♥</p>			<p><b>Happy Birthday!</b> Elaine Clontz (2/5) Mary Hawkins (2/12) Vivian Shook (2/17) Jonny Parker (2/20)</p>

# Newton SMO Activities

**Site Supervisor: Robyn Curtis**

**Assistant: Jackie White**

**828-455-4133**

**February 2016**

**First Presbyterian Church**

**701 N. Main Street**

**Newton, NC 28658**



1  
9:00 Breakfast with Bucky—member of 1st Presbyterian Church in Newton  
9:30 Walk & Stretches  
10:00 It's Time to Play Family Feud!

2  
Fire Drill  
9:00 Walk & Stretches  
9:30 Blood Pressure w/ Peggy McLean from Rescare  
10:00 Many Uses with Hydrogen Peroxide

3  
9:30 Walk & Stretches  
10:00 BINGO



4  
9:00-12:00 Shopping at Walmart in Hickory



8  
9:30 Walk & Stretches  
10:00 Newton Mayor, Anne Stedman, Owner of Trott House on the history of Bed & Breakfast

9  
9:30 Walk & Stretches  
10:00 BINGO



10  
9:30 Walk & Stretches  
10:00 Celebrate Black History Month with Rev. David Roberts & Choir from Morningstar First Baptist Church

11  
Celebrate Valentines Party with Newton and East Hickory SMO in Newton. Karaoke with Teresa Braswell from Lenoir.



15  
9:30 What you need to know to prevent Food Borne Illness by site supervisor, Robyn Curtis  
10:00 Soccer

16  
9:00 Walk & Stretches  
9:30 Sentimental Journey—Enjoy music from yonder years!



17  
9:00-10:15 Shopping at Roses  
10:30-11:30 Eating Lunch at Captain D's

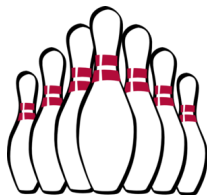
18  
9:30 Walk & Stretches  
10:00 BINGO



22  
9:30 Walk & Stretches  
10:00 Basketball Anyone?



23  
9:00-12:00 Bowling at Pin Station and Shopping at Honey's



24  
9:00 Walk & Stretches  
9:30 "Who Wants To Be A Healthy Heart Millionaire?" by Peggy Messick from Health First  
9:45 Cinnamon Roll Toast Bake with site supervisor, Robyn Curtis  
10:00 BINGO

25  
9:00 Walk & Stretches  
10:00 Craft—Glass Art—Make a heart plaque, necklace, or pin with Sharon Messeray from Glass-N-Sass. Sign up! \$15.00



29  
9:00 Walk & Stretches  
10:00 Learn about Macular Degeneration from Greg Morgan, Social Worker for the Blind.

♥ Happy Valentines Day ♥

**Happy Birthday!**

Jackie White (2/1)

John Bumgarner (2/28)

Hattie Ramsey (2/29)



# Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

February 2016

Center United Methodist Church  
4945 Sherrills Ford Road  
Catawba, NC 28609



1  
9:30 Morning Walk  
10:00 BINGO



2  
9:30 Pin Station & Honeys



3  
9:30 Stretching to the Beat  
10:00 Horse Racing Game



4  
9:30 Eastern Sky Band



8  
9:30 Chair Exercises w/ Susie Chafin  
10:15 Anagram

9  
9:30 Pin Station & Honeys



10  
9:30 Morning Walk  
10:00 BINGO

11  
9:30 Valentine Craft w/ Tonya Jarnac and Valentine Party



15  
9:30 Morning Walk  
10:00 BINGO



16  
10:30 Lunch at Snack Bar



17  
9:30 Food Borne Illness: "Norovirus"  
9:45 Word Scramble  
10:15 Volleyball

18  
9:30 BP Checks & "Heart Healthy Tips for Seniors" by Jackie Saunders, Bayada Home Health



22  
9:30 Pancake Breakfast  
10:00 Game Day! Uno, Dominoes, Horseshoes

23  
9:30 Poetry by Black Authors, Wendy Thomas  
10:00 Praise Dances by Betty Primus

24  
9:30 Fire Drill  
9:45 Caffeine Awareness, Wendy Thomas  
10:15 Basketball & Kickball



25  
9:30 Morning Walk  
10:00 BINGO



29  
9:30 Chair Exercises w/ Susie Chafin  
10:00 Laughter is the Best Medicine



♥ Happy Valentines Day ♥

**Happy Birthday!**  
Jerry Watson (2/1)  
Elaine Clontz (2/5)  
Joe James (2/5)  
Brenda Killian (2/7)  
Ann Sipe (2/11)  
Marie Little (2/14)  
Joan Pugh (2/19)  
Brenda Gabriel (2/20)

Gloria Shook (2/21)  
Ruth Edwards (2/25)  
Kim Hester (2/25)  
Nedra Hayes (2/26)  
Susan Ensign (2/28)

happy birthday



# Maiden SMO Activities

Site Supervisor: Loretta Hefner






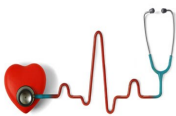








828-320-5966

February 2016



Maiden Community Center  
E. 2nd St. & Klutz Street  
Maiden, NC 28650



1 9:30 Organic Foods, are they good for us? & Corn Hole Game	2 9:30 Group Walking & Bible Study w/ Pastor Eddie Roush 	3 9:30 Group Walking & On this Day in History	4 9:30 BINGO & Group Singing 	5 
8 9:30 Emergency Tips for Winter Safety with Jim Dickerson & Corn Hole Game	9 9:30 Group Exercise & Hang Man Game. FBI & Fire Drill	10 9:30 BINGO & How to balance for a fall! 	11 9:30 Valentines Party. Valentines Cooking Class: No bake hearts with Site Supervisor	12 
15 9:30 Charles Ballard to perform & Seniors Health Day! 	16 9:30 Blood Pressures w/ Catawba County Home Health & BINGO	17 9:30 Group Walking & Does weather affect your health?	18 9:30 Group Singing & Group Walking 	19 
22 9:30 Corn Hole Game & Sweets & Treats for Seniors 	23 9:30 Sentimental Journey Band & Group Walking 	24 9:30 BINGO & Hang Man Game 	25 9:30 Group Walking & Group Singing	26 
29 9:30 How to care for Bunions, Corns, & Hammertoes & Group Walking 				<p><b>Happy Birthday!</b> Karen Sain (2/2) Barbara Brown (2/14)</p> 